



Asian American Resource Center
8401 Cameron Road
Austin, Texas 78754
Phone: 512.974.1694
www.austintexas.gov/aarc

Powerful Tools for Caregivers

*Do you feel stressed in your role as a caregiver?
Are you having trouble setting aside time to take care of you?
Have you felt like no one really understands?*

Powerful Tools for Caregivers is a 6-week educational series designed to help unpaid family caregivers take care of themselves while caring for a relative or friend. Caregivers develop a wealth of self-care tools to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions and make tough caregiving decisions. You will benefit from this class whether you are helping a parent, your spouse, a friend or someone who lives at home, in a nursing home or across the country.

This program is brought to you in collaboration with



**All classes will be held in Classroom 5
from 10:30am—1:30pm**

Registration opens 9AM on October 14,
2013 online at [www.austintexas.gov/
department/parks-and-recreation](http://www.austintexas.gov/department/parks-and-recreation) OR
in person at the Asian American Re-
source Center.

Session dates:

November 2, 2013
November 9, 2013
November 16, 2013
December 7, 2013
December 14, 2013
December 21, 2013

All classes are subject to change. Notice about potential changes in scheduling will be given to all person(s) currently registered 9 days before the first day of class.

The City of Austin is committed to compliance with the American Disabilities Act. If you require special assistance for participation in our programs or use of our facilities please call 512.974.1700.

